

**Essential for the Entire Nervous System\*.** Thiamine helps in the aid of poor memory and irritability.\*

The B-VITAMINS help to Maintain Healthy Nerves, Skin, Eyes, Hair, Liver and Mouth. They are also important in the Gastrointestinal Tract. They are involved in energy production and may be useful for depression or anxiety. The B-Vitamins should always be taken together.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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## SUPPLEMENT FACTS

Serving Size 1 Tablet

Servings per Container 100

	Amount per Tablet	% Daily Value
Vitamin B-12 (as cyanocobalamin)	500 mcg.	8333%

**Other Ingredients:** Dicalcium Phospahte, Stearic Acid, Magnesium Stearate, Croscarmellose Sodium, Silica, Pharmaceuatical Glaze and Talc.

Vitamin B-6  
50 mg